

CLAIMS OF INVENTION

What is claimed is:

1. A portable therapeutic device for achieving certain therapeutic effects by electrical stimulation of the
5 acupuncture points at a human body, said device comprising:

a small housing having a size and shape adapted to be worn
on the human wrists or arms or hands or legs ;

10 at least one external electrode assembly that can be linked
with said housing ;

circuit means mounted within said housing, said circuit
means having means for delivering pulsed electrical
stimulation signals of selected amplitude and cycle rate to
15 said external electrode assembly;

band or structure or adhesive means connected to said
housing and adapted to be fastened about the human wrists or
arms or hands or legs ;

20 2. The device of claim 1 wherein said stimulation signals
are pulsed electrical current signals.

3. The external electrode assembly of claim 1 is linked with
the said housing via wires or rigid or semi rigid
connection means.

25 4. The external electrode assembly of claim 1 has one or more
electrodes on its surface that contact human body.

5. The certain therapeutic effects of claim 1 are pain relief and nausea control.
6. The acupuncture points of claim 1 for pain relieving are selected from NeiGuan, WaiGuan, LieQue and HeGu.
- 5 7. The pulsed electrical current signal in claim 2 has cycle rates between 0.1 to 1000 pulses per second.
8. The device of claim 2 wherein said circuit means includes means for variably adjusting the pattern and amplitude of said stimulation signals.
- 10 9. The device of claim 2 wherein said circuit means further includes an on/off switch.
10. The device of claim 1 has electrical conducting surface on the back of the said housing or said band or said structure means.
- 15 11. The electrical conducting surface in claim 10 can be mounted onto the acupuncture point to apply electrical stimulation.
12. The electrical conducting surface of claim 11 is electrode.
- 20 13. A method of controlling pain, comprising the steps of: mounting a pair of electrodes or at least one electrode at a position generally closely overlying HeGu position; and generating pulsed stimulation signals of selected amplitude, pulse width and cycle rate; and

delivering the stimulation signals to the said electrodes to stimulate the selected acupuncture points and adjacent nerves to relieve pain.

14. A method of controlling pain, comprising the steps of:

5 fasten the device in claim 1 to wrist or arm or hands; and mounting one or more external electrode assembly at a position generally closely overlying one or more acupuncture points selected from NeiGuan, WaiGuan, LieQue and HeGu; and generating pulsed stimulation signals of selected amplitude,
10 pulse width and cycle rate; and

delivering the stimulation signals to external electrode assembly to stimulate the selected acupuncture points and adjacent nerves to relieve pain.

15 15. A method of controlling pain, comprising the steps of:

fasten the device in claim 10 to wrist ; and mounting one or more external electrode assembly at a position generally closely overlying one or more acupuncture points selected from NeiGuan, WaiGuan, LieQue and HeGu; and
20 mounting the said electrical conducting surface at a position generally closely overlying one or more acupuncture points selected from NeiGuan, WaiGuan and LieQue; and generating pulsed stimulation signals of selected amplitude, pulse width and cycle rate; and

25 delivering the stimulation signals to said external

electrode assembly and the said electrical conducting surface to stimulate the selected acupuncture points and adjacent nerves to relieve pain.

16. The method of claim 13 further including the step of

5 adjustably varying the pattern and amplitude of the stimulation signals.

17. The method of claim 14 further including the step of

adjustably varying the pattern and amplitude of the stimulation signals.

10 18. The method of claim 15 further including the step of

adjustably varying the pattern and amplitude of the stimulation signals.

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